What is claimed is:

1. A disk drive comprising:

a) a magnetic recording disk having a layer of lubricant on a surface of said disk;

b) a head assembly comprising a read/write head positioned in proximity to said magnetic recording disk;

c) a motor for rotating said disk at an angular velocity $\omega$;

d) means for varying $\omega$ during operation of the disk drive, whereby thickness variation of said layer of lubricant is reduced.

2. The disk drive of claim 1, wherein said head assembly has a damping ratio and said disk has an average angular velocity, and wherein a peak to peak amplitude of said varying $\omega$ is greater than about twice the product of the damping ratio and the average angular velocity.

3. The disk drive of claim 1, wherein said angular velocity $\omega$ is periodically varied.

4. The disk drive of claim 3, wherein said angular velocity $\omega$ is periodically varied according to a waveform selected from the group consisting of a sinusoid, a square wave and a triangle wave.

5. The disk drive of claim 1, wherein said means for varying $\omega$ comprises circuitry for driving said motor at a variable speed.

6. The disk drive of claim 5, wherein said angular velocity $\omega$ is periodically varied.

7. A method for operating a disk drive comprising:

a) providing a magnetic recording disk having a lubricant layer on a surface of said disk;

b) providing a head assembly in proximity to said disk, said head assembly comprising a read/write head;

c) rotating said disk at an angular velocity $\omega$;

d) varying $\omega$ during operation of the disk drive, whereby thickness variation of said layer of lubricant is reduced.

8. The method of claim 7, wherein said head assembly has a damping ratio and said disk has an average angular velocity, and wherein a peak to peak amplitude of said varying $\omega$ is greater than about twice the product of the damping ratio and the average angular velocity.

9. The method of claim 7, wherein said angular velocity $\omega$ is periodically varied.

10. The method of claim 9, wherein said angular velocity $\omega$ is periodically varied according to a waveform selected from the group consisting of a sinusoid, a square wave and a triangle wave.

11. The method of claim 7, wherein said varying said angular velocity $\omega$ comprises driving a motor connected to said disk at a variable speed.

12. The method of claim 11, wherein said angular velocity $\omega$ is periodically varied.